



MENTAL WELLBEING RESOURCES

If you are in a crisis, go to your local emergency department or call 9-1-1.

AGRICULTURALLY AWARE - IMMEDIATE CRISIS SUPPORT (24/7)

National Farmer Crisis Line: Format: 24/7 Phone. Contact: 1-866-327-6701 (1-866-FARMS01).

- Get immediate crisis support and connected to ag-informed counselling services when you need it most.
For More Information visit: ccaw.ca/national-farmer-crisis_line
- **Target Audience: Farmers, Ranchers, Ag Family Members, Farm Employees.**

Suicide Crisis Helpline: Format: 24/7 Call or Text. Contact: 9-8-8.

- Free, confidential, 24/7 suicide crisis support for you or someone you're worried about. Available Canada-wide. **Target Audience: Anyone in a crisis and is thinking about suicide.**

AGRICULTURALLY AWARE - SPECIALIZED COUNSELLING & ONGOING THERAPY

AgTalk (Powered by Togetherall): Format: 24/7 Online Chat/Community. Website: domore.ag/agtalk

- An anonymous, peer-to-peer platform for sharing struggles and finding support in a secure, moderated environment. **Target Audience: Anyone 16+ in the agricultural community.**

Agricultural Well-Being Alberta (agwellAB): Format: Website/Online Directory. Contact: agwellab.ca.

- **AgWell Farmer Wellness Network** is an Alberta-based initiative specifically designed to bridge the gap between mental health services and the unique culture of farming.
- Provides mental health resources, farm transition information, and a directory of specialized therapists.
- **Target Audience: Farmers and the agricultural community.**

Alberta Counselling Centre: Format: Phone or Video sessions accessible from your truck or tractor.

Contact: 1-833-827-4230 or albertacounselling.ca

- Offers confidential support specifically tailored for the farming community.
- **Target Audience: Farmers and agricultural workers.**

Porch Light Mental Wellness Society: Format: Online Directory. Contact: porchlightsociety.ca

- Maintains a directory of Alberta services and specific supports for those in the rodeo world.
- **Target Audience: Albertans and the rodeo community.**

Rowan House Society Support Line: Format: 24/7 Phone. Contact: 403-652-3311 or 1-855-652-3311.

- Provides crisis support for those experiencing domestic violence.
- **Target Audience: Individuals affected by domestic violence.**

Kids Help Phone: Format: 24/7 Phone or Text. Contact: Call 1-800-668-6868 or text 686868.

- Offers professional support for any issue, from family concerns to emotional well-being.
- **Target Audience: Children and youth.**

OTHER MENTAL WELLBEING RESOURCES

Alberta Mental Health Help Line: Format: 24/7 Phone. Contact: 1-877-303-2642

- Offers confidential support and referrals for mental health concerns.
- **Target Audience: All Albertans.**

211 Alberta: Format: 24/7 Phone, Text, and Chat. Contact: Call 2-1-1 or text INFO to 211.

- Helps individuals find the right community resource or service for any issue.
- **Target Audience: All Albertans.**

Steps to Support: Format: Website. Contact: stepstosupport.com

- Offers a guide on effective ways to talk to someone who may be struggling.
- **Target Audience: Peers looking to support others.**

Buddy Up: Format: Website and Campaign. Contact: buddyup.ca.

- A suicide prevention campaign designed for men, by men.
- **Target Audience: Men**

Threads of Life: Format: Contact Information: (Phone) 1-888-567-9490; (Email) contact@threadsoflife.ca

- One-on-One peer support and networking events. Provides a peer-to-peer volunteer "Family Guide" program for those navigating the aftermath of a workplace tragedy.
- **Target Audience: Families and individuals impacted by a workplace tragedy.**

LOCAL MENTAL HEALTH SERVICES

Access Mental Health: Format: Phone. Contact: 1-844-943-1500.

- Clinicians refer individuals to the most appropriate local mental health and addiction resources.
- **Target Audience: General public.**

South Zone Services (Lethbridge): Format: Phone. Contact: 1-888-594-0211.

- Provides mental health and addiction services for the South Zone region.
- **Target Audience: Residents of the South Zone/Lethbridge area.**

Barons-Eureka-Warner FCSS: Format: Phone or Email. Contact: 587-370-3728 or email counsellingservices@fcss.ca.

- Offers specialized counselling services.
- **Target Audience: Residents of southern Vulcan County.**

Foothills Community Counselling: Format: Phone or Email. Contact: 403-603-3549 or fcc@highriver.ca

- Provides professional counselling for individuals, families, and couples.
- **Target Audience: Residents of the Foothills Area.**

SMART Recovery: Format: In-person meetings Wednesdays (7:00 – 8:30 pm) at the Vulcan Community Health Centre. Contact: Call Beth at 403-485-1054.

- **SMART Recovery** is a self-managed addiction recovery training program that distinguishes itself from 12-step models by offering science-based support meetings.
- **Target Audience: Individuals seeking addiction support.**

Al-Anon Family Group Meetings: Format: In-person meetings on Thursdays at 5:30 pm. Contact: Call Betty at (403) 652-8285.

- Offers a support group for those affected by another person's drinking.
- **Target Audience: Families and friends of alcoholics.**

Alcoholics Anonymous (AA) – Anglican Church: Format: In-person meetings Tuesdays and Thursdays at 8:00 pm. Contact: Call Gary at (403) 485-5818.

- Provides peer-led recovery support for alcoholism.
- **Target Audience: Individuals seeking recovery from alcohol.**

Alcoholics Anonymous (AA) – Hospital: Format: In-person meetings Tuesdays and Thursdays at 7:00 pm. Contact: Call Mike at (403) 485-8119.

- Offers an additional peer-led recovery group for alcohol addiction.
- **Target Audience: Individuals seeking recovery from alcohol.**

Rapid Access Counselling (RAC): Format: Phone or Website. Contact: 1-877-244-2360 or racalberta.ca

- Offers timely, change-focused conversations for immediate support.
- **Target Audience: All Albertans and their families.**